

Physical Activity & Nutrition Vending Machine Inventory¹



Fact Sheet

Vending Machines in Utah Schools

The sample included **1,336 machines in 166 Utah schools**, including 63 high schools, 19 junior high schools, 16 middle schools, 25 elementary schools, and 5 other schools.

- **Average number of vending machines per school:**

Senior high	12
Junior high	10
Middle	7
Elementary	2

Unhealthy vs. Healthy Choices

- In Utah, there is an average of six soda machines per high school but **only one (1) 100% juice machine for every 4 high schools.**
- In Utah, **nearly half of all beverages in vending machines are caffeinated.**
- In Utah schools, **for every healthy vending item choice there are 14 unhealthy choices.**
- In Utah **high schools**, out of an average of 180 vending machines choices per school, 166 of those vending choices are unhealthy.
- In Utah **junior high schools**, 147 out of 156 vending machine choices are unhealthy.
- In Utah **middle schools**, 94 out of 102 vending machine choices are unhealthy.

Elementary Schools

- In Utah **elementary schools**, 30 out of 32 vending machine choices are unhealthy; most of these are located in teachers' lounges.
- **It is estimated that only 5% of Utah elementary schools students currently have access to vending machines.**



¹ Utah Department of Health, Bureau of Health Promotion, Cardiovascular Health Program. (2003). Healthy Kids Ready to Learn: Healthy Choices Vending Machine Inventory. Conducted statewide Fall 2002.